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No. 4.

MASSAGE FOR BEGINNERS:

OR, THE

MASSEUSE'S "VADE MECUM,"

BEING

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FOR LEARNING AND REMEMBERING

The Different Movements made use of in the Art,

BY

LUCY FITCH.



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**No. 4.**

MASSAGE FOR BEGINNERS:

OR THE

Massense's "Vade Mecum."



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EDITOR.

# MASSAGE FOR BEGINNERS:

OR THE

*Masseuse's "Vade Mecum."*

BEING

Simple and Easy Directions for Learning and  
Remembering the Different Movements  
in this Art.

BY

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## AUTHOR'S PREFACE.

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HAVING had considerable experience in the employment of Massage in the treatment of disease, and in training pupils to successfully practise the art, I have felt constrained to string together as briefly as possible some simple instructions whereby the student may easily learn to remember the fifty-eight different movements required.

The Elementary Rules and Directions given will, I hope, be appreciated.

L. F.



Dedicated

TO

ALFRED E. PRICE, ESQUIRE, M.D., M.S.



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No.

# MASSAGE FOR BEGINNERS:

OR THE

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## SOME HINTS.

(a) Never appear before patients with a woe-begone look ; let *your* troubles never be theirs, but always strive to look happy and cheerful.

(b) At the termination of your duties think of something pleasant and amusing to say. At any rate, leave your patients in a contented frame of mind about themselves and you then may rest assured that they will look forward with much pleasure to your next visit.

(c) Never chatter with patients whilst manipulating them ; you require all your strength for your work. It is very difficult sometimes to avoid answering the number of questions they will, perhaps, ask ; you must thereupon quietly inform them that it is not good for them to talk so much, as it makes them tired, and that you will answer any questions they like after the process is over,

(*d*) Always be pleasant and gentle in manner and movements, avoiding all fuss and bustle.

(*e*) Never discuss the sufferings of any one patient with another.

(*f*) Be very careful to keep your hands smooth, nails short and clean, and take a bath every day.

(*g*) Never go into a patient's room wearing damp or dirty clothes. If the weather is at all wet, wear a mackintosh and a pair of goloshes, and leave them in the hall as you go in, entering the room perfectly warm and dry both in your clothes and person.

### SUITABLE CLOTHING, ETC., FOR THE OPERATOR.

A masseuse should wear a bodice of flannel in the winter and flannelette in the summer. It ought to be made very loose and with short sleeves. Flannel prevents the operator catching cold, and the short sleeves allow the muscles of the arms to expand, for if sleeves are tight and long there is neither freedom nor power to manipulate. The masseur will, of course, take off his coat and roll up his shirt-sleeves, which should be made of flannel.

### PREPARATIONS FOR MASSAGE.

See that you have everything ready for use; *i.e.*, two blankets, hot bottle, and saucer for oil. The first

blanket is for the patient, who should be laid in the middle of it, then bring the sides up to meet in centre of the patient's body, thus making it convenient for uncovering any particular part requiring to be manipulated. The second blanket wrap well all over parts not being manipulated. Ask your patient to lie on a high bed, as, if the bed or couch is low, it is very much more fatiguing for the operator ; place the hot bottle to the patient's feet to assist in keeping up the circulation. If the patient requires general or complete massage, commence at the foot and finish off at the face. When first manipulating, the movements must be very gentle, quiet and slow. The unguents generally used are : Vaseline, Oil, Cocoa-butter, also Violet Powder or Fuller's Earth, a weak solution of Eau-de-Cologne and Ammonia, and Castor Oil for abdomen in cases of constipation. It is a good plan to rub the joints and abdomen with vaseline after massage to maintain heat, if the patient is suffering from bad circulation. Coarse and greasy skin should be washed with a solution of Eau-de-Cologne and Ammonia ; Olive Oil should be used for the operator's hands in all cases.

## MOVEMENTS.

### FOOT TO ANKLE.

(1.) Take the foot in a good firm grip, and rub quickly first with one hand and then the other, in

rapid succession, with the balls of the thumbs on the instep, at the same time the fingers should be at work on the bottom of the foot.

(2.) Place both hands flat on the top of the foot, and whilst they are in this position, rub quickly with the balls of the fingers round the ankles and well in the sinews underneath.

#### TOES.

(3.) Rub each toe separately between your thumb and finger, then place them altogether between both hands and rub them with much friction ; wrap up.

#### FROM ANKLE TO KNEE.

(4.) Let both hands glide up the shin, one slightly in advance of the other, returning down calf with some firmness ; repeat many times.

#### “LA CLIQUE.”

(5.) Turn the leg slightly on one side, so that the outer side rests on the masseuse's left hand ; press the muscle well up on the outer side, and with the right hand take the muscle in a good firm grip, lifting it with the fingers and rolling it back with the palm of the hand ; this, performed rapidly up the muscle of the calf of leg, will produce, if correctly



done, a clicking sound. The same movement for other leg, hands *vice versa* ; wrap up.

KNEE TO HIP.

(6.) Support the outer side of the thigh with the left hand, and with the right hand rub the muscle of inner side up, from knee to groin, gliding down.

(7.) Support the inner side, and rub firmly with the left hand from knee to hip, rapidly and frequently.

" KNEADING."

(8.) Take the lower part of the muscle and bring it well up in both hands, and " knead " upwards only ; that is, roll the flesh between your fingers and thumbs.

" CHOPSTICKS."

(9.) Use the sides of both hands and rap lightly up and down, in rapid succession, avoiding bony prominences.

" DEEP VIBRATIONS."

(10.) Support the limb with one hand, close the other hand, and with the soft part thump lightly up and down the muscle.

" POINTED VIBRATIONS."

(11.) Spread the fingers well out, let the hand work freely from the wrist, with the balls of the

fingers tap lightly up, round and down the fleshy parts.

“PETRISSAGE.”

(12.) Press lightly on the top of the thigh with the open hand, lifting up the muscle with the thumb and fingers, working gradually up from knee to hip. It is necessary in this movement to keep your fingers close together ; or, if you do not, you will take up pieces of flesh between them, and so pinch and bruise.

“MALLEATION.”

(13.) Press deeply with both hands and lift the muscle well up, push it back again, working gradually up from knee to hip.

“LA FEUILLE.”

(14.) Hold the left hand flat and firm on the top of the thigh, so as to prevent the flesh from being dragged ; and with the right hand (spread out as a leaf) draw firmly down, working with the balls of the fingers only.

“CROSS ROLL.”

(15.) Place both hands flat, one on each side of the lower part of the thigh, roll the muscle well up, cross hands over, returning with fingers downwards, then bring up the muscles with the fingers, returning

the hands to first movement, thus making four movements in one.

"LA CLAQUE."

(16.) Hold the limb in one hand, and with the other hand give quick slaps with the palm of the hand all over the limb, from ankle to hip.

"SKATE ROLL."

(17.) Take the limb in both hands with a good firm grip, glide and roll with first one hand and then the other, from ankle to hip ; rub down with a towel, and wrap up and put a hot bottle to the foot if the weather is cold.

HAND AND ARM.

(18.) Place the thumbs flat on the back of the patient's hand, with the fingers in the palm, and rub firmly and quickly, with first one hand and then the other ; rub and roll each finger separately, the masseuse being careful to keep her thumb out of the way.

(19.) Place the patient's fingers between your own hands, and rub and roll them altogether.

(20.) Support the patient's hand in your own, with the palm upwards ; press his or her hand slightly back so that it raises the muscles of the fore-arm ; then rub quickly and repeatedly from wrist to elbow with the palm of your other hand ; tips of the fingers

to be slightly raised so as to prevent the nails from digging into the flesh.

(21.) Still support the patient's hand in the same manner ; then, with your two first fingers divided, rub with the balls of the fingers well into the sinews, from the wrist to the elbow-joint ; glide back and repeat.

(22.) Rest the fore-part of the arm in your hand, and with the palm of your other hand roll the biceps gradually up.

(23.) Then with hands *vice versa* in holding the arm of patient rub the back of arm from elbow to shoulder, straight up, down, and all round, in quick succession. Then "knead" as explained in movement (8) with both hands.

(24.) "La claque," as previously explained in movement (16), from wrist to shoulder ; then "skate roll," also previously explained, rub down with towel and wrap up.

#### CHEST.

(25.) Commence with hands at a right angle, left hand lying across the lower part of the throat, whilst the right hand lies flat upon the chest ; work straight up and down with the right hand, and round the throat with the left hand quickly and constantly.

#### HEART.

(26.) Keep your elbows as close as possible to

your side ; your fingers, straight out and altogether, to be placed over the region of the heart under the left breast ; and give short quick jerks with your fingers and thumbs.

(27.) "Corkscrew." Separate all fingers of right hand, and with the balls of the fingers work in a circle round the region of the heart.

(28.) Rub with the palm of your hand, backwards and forwards, very smoothly and evenly ; the body being supported by the left hand on the opposite side.

#### COLON.

(29.) Hold the flesh of the abdomen firmly down with the left hand, close to the right hip ; and with the balls of the fingers of the right hand work in a semicircle round the outer portion of colon, to the opposite side.

#### "BACK HAND MOVEMENT."

(30.) Close both hands (with the tips of the fingers well into the palm), and then with the flat part of the first joints of the fingers, work half circles in opposite directions round the colon.

#### "CORKSCREW."

(31.) Hold the flesh as in movement 29 and left hand as in movement 30, press gently down at first, and turn the hand right round ; repeat this movement in a circle from one hip to the other,



## “ KNEADING.”

(32.) Take up pieces of flesh between your fingers and thumbs of both hands, and rub it and roll it well all over the abdomen.

## “ LA FEUILLE.”

(33.) Separate the fingers of both hands, and work with the balls of the fingers, round and round, all over the colon ; one hand following the other.

(34.) Place your hand perfectly flat, and rub well all over ; first round one way and then the other.

NOTE.—All movements on this part of the body must be particularly gentle and slow.

## LIVER.

(35.) Support the body with one hand, and with the other hand rub well round between the hips and ribs, being careful to bring the flesh well up with your finger, and press it back with the palm of your hand.

(36.) Clasp the body, one hand on each side ; bring up a mass of flesh and let your thumbs meet in the centre of the chest, and draw them further down along the outer course of the ribs, then at the extremity of the ribs, bring up the flesh and push it backwards and forwards (in pump fashion).

The patient having been lying on his, or her, back during all the preceding movements, must now turn quite over with face downwards. To commence

these movements the blanket must be held high up by its edges ; whilst you are holding it the patient can turn round with ease ; great care being taken to keep the patient well covered both during and after the turning process.

#### BACK OF LEG.

(37.) It is a good plan to have a small pillow or pad to let the patient's foot rest upon during the manipulation of the back of the leg ; if a small pillow is not obtainable, you must support the limb with the left by the ankle, and with the right hand (or if other leg hands *vice versa*), rub the muscle well up from heel to knee-joint, gliding down ; then, with hands in the same position, rub firmly with open hand from heel to buttock. "Chopsticks," "pointed vibrations," on the calf of leg ; wrap up the foot and lower part of leg, and proceed to the upper part. Support the outer side of thigh with one hand, rub the inner side with the palm of your other hand from knee to groin always remembering to glide down. Then support the inner side and rub the outer side from knee to hip, Then with both hands take up a mass of flesh, "knead" the muscles and all fleshy parts. "Chopsticks," "pointed vibrations," "malleation," all these movements having previously been explained. Then place one hand on each side the knee-joint, and rub well into the sinews with the balls of the thumbs, one

No.

over the other in rapid succession. "La claque" from ankle to buttocks. Buttocks to be rubbed and "kneaded."

"TWIST ROLL."

(38.) Place both hands firmly on the back of the leg, and with open hands rub firmly all round the back of the limb backwards and forwards, one hand following the other about an inch apart in quick succession from heel to buttock, rub down, wrap up, and proceed to

BACK OF SHOULDER.

(39.) Support one side of the body with one hand and with the other hand placed firmly on the shoulder by the neck, rub very firmly and evenly down round the shoulder-blade, glide back and repeat, then rub crosswise, up, down, and round, proceed to the other shoulder, hands *vice versa*.

SPINE.

(40.) Still support the body as in previous movement, and with the right hand, flat, rub firmly down the spine, from nape of neck.

(41.) Separate the two first fingers, and rub firmly down each side spinal column with the balls of the fingers gliding back.

"PESAMMENT."

(42.) Begin at the lower part of the spine and with

thumbs and fingers take up pieces of flesh each side the spinal column, and rub it and roll it, one hand following the other up to the nape of the neck.

"HAND OVER HAND" MOVEMENT.

(43.) Place both hands flat and firm at the top of the spine and rub firmly in quick short strides one hand over the other all down the spine, returning in the same manner.

LUMBAR REGIONS.

(44.) Support the body with one hand, and rub very firmly backwards and forwards in quick succession.

(45.) Then clasp the body, one hand on each side, between the hips and ribs, bring up a mass of flesh with the fingers and push it back with the palm of the hand.

"SKATE ROLL."

(46.) Take the body firmly in both hands, and with open hand rub it and roll it from hips to blade-bone ; take care to go right round the rib.

"FLEAU."

(47.) With the fingers spread out let the hand work freely from the wrist, and with the backs of the fingers rap firmly all over the back.

## "LA CLAQUE."

(48.) Quick slaps with the palm of the hand all over the back. Smooth down the body with open hands, rub it down with the towel and proceed to

## NECK.

The patient must now turn over again, the operator holding the blanket as before.

(49.) The patient must now sit up and rest her forehead against a small perfumed pad placed upon the operator's chest, and with the fingers placed at right angles in the nape of the neck rub firmly with the balls of the fingers from nape of neck, up round the back of the ears to the temples.

## HEAD.

(50.) Separate the fingers of both hands and rub well with the balls of the fingers all over the head, first one hand and then the other.

(51.) Then with the fingers flat upon the head work with the balls of the thumbs only, one over the other in rapid succession, gradually working all over the head.

## THROAT.

(52.) Close both hands and let the balls of the thumbs glide firmly up each side the windpipe, and upon reaching the angles of the lower jaw ask the



patient to swallow; repeat this many times, giving the patient rest between each movement.

FACE.

(53.) Take the patient's face in both hands, one hand placed firmly on each temple, and pass the balls of the thumbs gently and frequently over the closed eyes.

(54.) Then raise the thumbs to the centre of frontal nerves of the forehead, and work gradually down to the temples.

(55.) Support the head with one hand, and with the ball of the thumb of the other hand turn small pieces of flesh round in "Corkscrew" fashion, from one temple to the other, care being taken to keep the fingers closed and out of the way.

(56.) "Fléau" all along the forehead, as explained in movement (47).

"THE CUP."

(57.) Form a cup with the palms of your hands and rub the forehead round and round with first one hand and then the other, in quick succession.

(58.) Then place all fingers of both hands in the centre of the forehead, and with the balls of the fingers work firmly down in opposite directions, along the forehead, over the temples, past the ears, right

down the glands of the neck and along to the shoulders.

All movements must be repeated many times, great care being taken to avoid all bone substance, and to support the limb with the hand that is not at work.

### EXERCISING STIFF JOINTS.

When it is necessary to exercise stiff joints, it is a good plan to do so in the following manner :—

HAND.—Hold the patient's arm in one of your hands, and with the other hold the patient's hand firmly, and work the wrist backwards and forwards, and gently round and round. Then hold the wrist with one hand, and with the other hold the patient's fingers altogether and work the first joints backwards and forwards as far as they will go, then hold the hand a little higher up and work the next row of joints in the same manner, the tips of the fingers each one separately. Press the ball of the thumb into the palm of the hand and back as far as it will go, and work the other joints of thumb backwards and forwards.

ELBOW JOINT.—Support the outer side of upper arm with one hand, and the outer side of lower arm with the other hand, and work it gently up and down.

STIFF SHOULDER.—Place the patient's arm close to her side, and place one of your own hands on her

shoulder, with her elbow resting in your other hand, push the arm gently up, then bring it out straight, press it down and gradually to the side again.

FOOT.—Rest the patient's leg in one of your hands, and with your other hand clasp the patient's heel, and work the foot backwards and forwards. Then take hold of the foot and work it gently round and round, the toes to be exercised in the same manner as fingers.

KNEE.—Rest the patient's leg on one of your arms, clasp the heel in the palm of your other hand, and so raise the leg, slip your arm from underneath the leg and place it just above the knee-joint, and lower the leg, gently place it straight out upon the bed.

HIP.—Pass your arm underneath the knee-joint, one hand being placed on the leg close to knee ; raise the leg, slip your hand round to the thigh, and press leg up so that it almost touches abdomen, then work the leg round and round, and lower it flat down upon the bed.

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4. WHAT ARE THE CHIEF THINGS REQUIRED OF A MASSEUR, OR MASSEUSE?
5. WHAT SHOULD BE AVOIDED BY THE OPERATOR?
6. ENUMERATE AND DESCRIBE THE DIFFERENT MOVEMENTS AND MANIPULATION EMPLOYED IN MASSAGE.
7. DESCRIBE THE PROCESS OF MASSAGE OF THE FOLLOWING PARTS OF THE BODY:—(a) ANKLE TO KNEE; (b) KNEE-JOINT; (c) BACK OF SHOULDER; (d) LUMBAR REGION.



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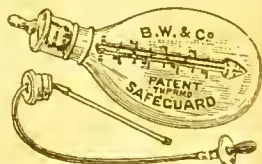


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